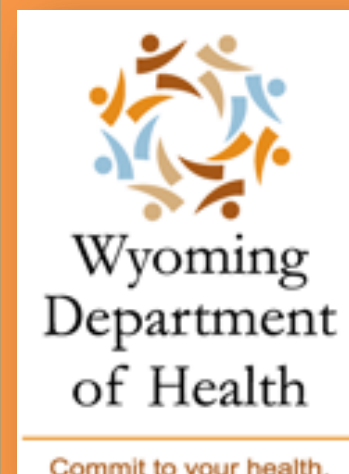


Chronic Disease Prevention Strategy Resource Guide

Compiled by the Wyoming Diabetes, Heart Disease & Stroke
Prevention and Control Program
www.health.wyo.gov/phsd/dhds

2013



PURPOSE

This document is intended to serve as a strategy resource for Wyoming community-based chronic disease prevention efforts. It is meant to assist community coalitions in selecting and implementing evidence-based and best practice strategies related to nutrition, physical activity, and obesity in a range of settings and focus populations. Community coalitions can use this resource to align strategies with their identified areas of need.



Clicking on the “healthy communities” image above will take you to the community prevention resource page of our website, where you can access additional information and resources.

ORGANIZATION

This resource is organized by setting. Within each setting, the strategies will be organized by focus areas (e.g., nutrition). For strategies that overlap or provide information for the community and key sectors, it will be included under “community.” You might notice some overlap in strategies listed in a variety of the resources provided. Also included under each setting will be suggested Wyoming-specific partners. The partner list is not intended to be all-inclusive, but rather to provide suggestions for community consideration.

The below table outlines sections of the document in hyperlink format for ease of navigation.

SETTINGS						
FOCUS AREAS AND PARTNERS	Early Care and Education (ECE)	School	Worksite	Community	Healthcare	Community-Clinical Linkages
	Nutrition	Nutrition	Nutrition	Nutrition	Nutrition	Strategies
	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Heart and Vascular Diseases	Partners
	Partners	Partners	Other Partners	Partners	Metabolic, Nutritional and Endocrine Conditions Partners	

EARLY CARE AND EDUCATION

“The risk of obesity starts early in life. Over half of obese children become overweight by the age of 2, and approximately one in five children are overweight or obese by their 6th birthday.”

White House Task Force on
Childhood Obesity

Nutrition

- [Let's Move! Child Care](#). This resource provides strategies for healthy eating in an early care setting.
- [Action Guide for Child Care Nutrition and Physical Activity Policies: Best Practices for Creating a Healthy Child Care Environment](#). Promoted by the USDA, this Connecticut-developed guide provides an action guide for policy development related to nutrition and physical activity.
- [Best Practices for Child Care Nutrition and Physical Activity Environments: A Guide for Self-Assessment and Policy Development](#). This guide will help child care facilities monitor their progress and individualize written policy. The information contained in the guide is consistent with the standards and recommendations of the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP), Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), Centers for Disease Control and Prevention (CDC), and American Academy of Pediatrics (AAP).
- [Best Practices for Nutrition, Physical Activity & Screen Media in Child Care Settings](#). A product of the University of Washington's Center for Public Health Nutrition, this resource offers practical steps based on recommendations from leading researchers, clinicians, child care providers and others in the child care field.

Physical Activity

- [Let's Move! Child Care](#). This resource provides strategies to keep kids moving.
- [SKIPing Toward an Active Start: Promoting Physical Activity in Preschoolers](#). A publication of the National Association for the Education of Young Children (NAEYC), this resource provides practical ways to promote physical activity for preschool children.
- [Best-Practice Guidelines for Physical Activity at Child Care](#). This article from the Journal of the American Academy of Pediatrics presents a set of physical activity best-practice guidelines.

Partners

- [Wyoming Head Start Programs](#)
- [Child Development Services of Wyoming](#)
- [Providers Empowering Providers](#)
- [WY Quality Counts!](#)

SCHOOL

“The health of young people is strongly linked to their academic success, and the academic success of youth is strongly linked with their health.”

CDC, Coordinated School Health

Nutrition

- **CDC School Health Guidelines to Promote Healthy Eating and Physical Activity.** Each of the nine guidelines is accompanied by a set of implementation strategies developed to help schools work toward achieving each guideline.
- **Under Pressure: Strategies for Sodium Reduction in the School Environment.** This document examines the importance of providing healthy school meals to children in schools and provides strategies for sodium reduction in the school environment.
- **HealthierUS School Challenge (HUSSC).** The goal of HUSSC is to improve the health of the nation's children by promoting healthier school environments. Schools receiving a HUSSC award commit to meeting criteria throughout their 4-year certification period, which includes meeting USDA school breakfast and lunch nutritional requirements.
- **How to Enforce a Wellness Policy: A Guide for Parents and Community Advocates.** This fact sheet is designed to help parents and community advocates ensure that their district's policy is enforced.

Physical Activity

- **Youth Physical Activity Guidelines Toolkit.** This toolkit highlights strategies that schools, families, and communities can use to support youth physical activity.
- **Let's Move! Active Schools.** This is a comprehensive program that empowers school champions – P.E. teachers, classroom teachers, principals, administrators, and parents – to create active environments that enable all students to get moving and reach their full potential. After signing up at <http://letsmoveschools.org/>, school champions are guided through a simple, 6-step process that helps them build a team, make a plan, and access free resources and tools, including in-person trainings, program materials and activation grants, and direct, personal assistance from certified professionals. Once they have achieved their goals in the five areas above, schools will be publicly recognized and celebrated.
- **Safe Routes to School District Policy Workbook.** This interactive workbook is designed to help school board members, administrators, families of students, and community members create and implement policies that support active transportation and Safe Routes to School programs. The workbook provides a series of policy options

SCHOOL

“How can we expect to succeed in confronting childhood obesity if we eliminate recess, serve unhealthy lunches in our schools, ignore the need to work with other groups, and reduce physical education classes? We need to come together, focus on the problem, and put our kids first.”

Randy Collins, President
American Association of
School Administrators

to help you build your own customized Safe Routes to School policy, which you can download and use in your community.

- [Walking School Bus](#). This resource provides guidance on starting a walking school bus within your community.

Partners

- [Wyoming Afterschool Alliance](#)
- [Wyoming Association for Health and Physical Education, Recreation, and Dance](#)
- [Wyoming Farm to School Program](#)
- [Wyoming School Nurses Association](#)
- [WYDOT Safe Routes to School](#) (Alternate Transportation)
- [Local School Districts](#)
- WY Outside
- Parents

WORKSITE

“Consistent with prior research, we find that lifestyle management interventions as part of workplace wellness programs can reduce risk factors, such as smoking, and increase healthy behaviors, such as exercise. We find that these effects are sustainable over time and clinically meaningful. This result is of critical importance, as it confirms that workplace programs can help contain the current epidemic of lifestyle-related diseases, the main driver of premature morbidity and mortality as well as health care cost in the United States.”

Findings from RAND Health
Workplace Wellness
Programs Study

Nutrition

- [Improving the Food Environment through Nutrition Standards: A Guide for Government Procurement.](#) Developed by CDC, this procurement guide provides practical guidance to states and local governments for developing, adopting, implementing and evaluating a food procurement policy. This guide also provides valuable insight into the appropriateness and acceptability of these policies in other worksite settings.
- [Under Pressure: Strategies for Sodium Reduction in Worksites.](#) This document examines the importance of healthy foods at worksites and provides strategies to improve health through sodium reduction in foods available at worksites.
- [CDC’s Healthier Worksite Initiative.](#) Toolkits provided on this website include the following focus areas: general workforce health promotion; nutritious eating; physical activity; preventive health screenings; and healthy choices. Toolkits provide practical strategies for improving worksite health in all areas.

Physical Activity

- [Community Guide: Worksite Health Promotion.](#) This resource provides recommended strategies for preventing chronic disease, promoting physical activity, and decreasing tobacco use in worksite settings.
- [CDC’s LEAN Works!: A Workplace Obesity Prevention Program.](#) This is a free web-based resource that offers interactive tools and evidence-based resources to design effective worksite obesity prevention and control programs.

Other

- [Moving Science into Coverage: An Employer’s Guide to Preventive Services.](#) This guide provides guidance for the selection of clinical preventive services shown to be effective by the U.S. Preventive Services Task Force (USPSTF); translates clinical guidelines and medical evidence into lay terms; and provides large employers with the information they need to select, define and implement comprehensive and structured preventive service benefits.
- [CDC’s National Healthy Worksite Program \(NHWP\).](#) This resource provides tools for employers to implement and evaluate comprehensive worksite health programs.
- [Successful Business Strategies to Prevent Heart Disease and Stroke Toolkit.](#) This resource provides a toolkit guide; a full toolkit; a six-step guide for employers; and a Power Point Presentation.

WORKSITE

“Indirect costs to employers of employee poor health – lower productivity, higher rates of disability, higher rates of injury, and more workers’ compensation claims – can be two to three times the cost of direct medical expenses.”

National Prevention Strategy

Partners

- [Wyoming Business Council](#)
- [Local Chamber of Commerce](#)
- [Local Department of Workforce Services Office](#)
- [Wyoming Small Business Development Center](#)
- [Wyoming Business Alliance](#)
- [TwoMedicine Health & Financial Fitness](#)
- [Wyoming Business Report](#)
- Local Governments, Hospitals, and Private Employers

COMMUNITY

“Community-based prevention interventions offer three distinct strengths. First, because the intervention is implemented population-wide it is inclusive and not dependent on access to the health care system. Second, by directing strategies at an entire population an intervention can reach individuals at all levels of risk. And finally, some lifestyle and behavioral risk factors are shaped by conditions not under an individual’s control. For example, encouraging an individual to eat healthy food when none is accessible undermines the potential for successful behavioral change. Community-based prevention interventions can be designed to affect environmental and social conditions that are out of the reach of clinical services.”

IOM Report: An Integrated Framework for Assessing the Value of Community-Based Prevention

Nutrition

- [CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables](#). This document provides guidance for program managers, policy makers, and others on how to select strategies to increase the consumption of fruits and vegetables.
- [CDC Guide to Strategies to Support Breastfeeding Mothers and Babies](#). This resource provides state and local community members information to choose the breastfeeding intervention that best meets their needs.
- [National Prevention Strategy: Healthy Eating Component](#). This resource provides recommendations for improving the population’s ability to eat healthy. Also included are key strategies for what state, tribal, and local governments; businesses and employers; health care systems, insurers and clinicians; early learning centers, schools and colleges; community, non-profit, and faith-based organizations; and individuals and families can do to increase healthy eating options.
- [Sugar-Sweetened Beverages Playbook](#). This resource provides 10 strategies that communities and states can use to reduce sugar-sweetened beverage (SSB) consumption and improve health.
- [Licensing and Zoning: Tools for Public Health](#). This fact sheet provides an overview of how licensing and zoning laws can help promote public health, and helps communities choose a strategy that will help them achieve their particular health goals.
- [From the Ground Up: Land Use Policies to Protect and Promote Farmers’ Markets](#). This guide provides an overview of farmers’ market policy issues and community tested best practices. It also features a set of complementary model land use policies for comprehensive plans and zoning ordinances.
- [Recommended Community Strategies and Measurements to Prevent Obesity in the United States](#). The recommended strategies presented in this resource from CDC were developed as a result of a systematic process grounded in available evidence for each strategy, expert opinion, and detailed documentation of the project process and decision-making rationale.

Physical Activity

- [Community Guide: Increasing Physical Activity, Environmental and Policy Approaches](#). Here you will

COMMUNITY

“When it comes to health, place matters. Many local environments — especially in low-income communities — provide limited access to healthy foods and few opportunities for physical activity.”

Public Health Institute

find recommended strategies for improving physical activity.

- [Community Guide: Increasing Physical Activity, Behavior and Social Approaches](#). Here you will find recommendations for individual and social support interventions.
- [Community Guide: Increasing Physical Activity, Campaigns and Informational Approaches](#). Here you will find recommendations for community-wide campaigns.
- [CDC Guide to Strategies to Increase Physical Activity in the Community](#). This document provides guidance for program managers, policy makers, and others on how to select strategies to increase physical activity in the community.
- [Walk On: Strategies to Promote Walkable Communities](#). This resource is designed to help public health professionals and community advocates make the case for making communities and streets walkable. It explores the nuts and bolts of planning and Complete Streets policies and includes case studies on rural and urban communities that making real strides to encourage walking.
- [National Prevention Strategy: Active Living Component](#). This resource provides recommendations for improving the population’s ability to live an active life. Also included are key strategies for what state, tribal, and local governments; businesses and employers; health care systems, insurers and clinicians; early learning centers, schools and colleges; community, non-profit, and faith-based organizations; and individuals and families can do to increase healthy eating options.
- [Physical Activity Policy Research Network: Physical Activity Plan Toolkit, A Guide to Creating a Physical Activity Plan for Your Community](#). This extensive guide is divided up into two documents and provides users with a six step process to developing a physical activity plan. The Toolkit outlines the steps and includes summaries of existing tools and links to resources to help with each step. The Template gives users a fill-in-the-blank document in Microsoft Word to be edited and tailored for the targeted community or state.
- [What Works for Health](#). This interactive website provides communities with information to help select and implement evidence-informed policies, programs, and system changes that will improve the variety of factors known to affect health. While placed in the “community” section of this

COMMUNITY

“Community design, transportation systems, agricultural activities, access to goods and services, and safe and affordable housing are all examples of environmental conditions that have significant impacts on health.”

Health in All Policies,
ASTHO

resource, clicking on the “diet & exercise” button will take you to a variety of strategies in various settings, such as schools, community and workplace.

- [Action Strategies Toolkit: A Guide for Local and State Leaders Working to Create Healthy Communities and Prevention Childhood Obesity](#). This two-part document includes strategies for (1) *active living and the built environment* (active transportation; land use for active living; open spaces, parks and recreation; quality physical activity in and near schools; and safety and crime prevention); and (2) *healthy eating* (quality nutrition in schools; supermarkets and healthy food vendors; farm-fresh local foods; restaurants; and food and beverage marketing).
- [Getting the Wheels Rolling: A Guide to Using Policy to Create Bicycle Friendly Communities](#). This guide provides a roadmap for making all types of communities bicycle friendly.
- [2008 Physical Activity Guidelines for Americans Toolkit](#). This toolkit provides resources that will complement what your organization is doing now to encourage people in your community to get the amount of physical activity they need, based on the Guidelines and their own goals.
- [A Compendium of Proven Community-Based Prevention Programs](#). A 2013 edition, this guide provides recommended prevention strategies in the areas of cardiovascular disease, stroke and diabetes; asthma; sexually transmitted infections; injury and violence; tobacco use; and alcohol use.
- [Let’s Move! Active Communities](#). This resource provides effective actions communities can take to promote fitness. Local elected officials can visit <http://www.healthychommunitieshealthyfuture.org/> to sign up their city, town or county to be a *Let’s Move!* city or town.
- [Harvard School of Public Health: Environmental Barriers to Activity](#). This article briefly reviews research on how various settings influence our activity levels, the policies that shape them, and their roles in perpetuating disparities in obesity rates. The research is outlined by settings within the community.
- [A Guide for Community Action](#). This textbook translates current research into accessible practice, laying out all of the information you need to create an intervention that meets your community’s needs. Click [here](#) to order a copy.

COMMUNITY

“Much of what influences our health happens outside of the doctor’s office – in our schools, workplaces and neighborhoods. To improve the health of all Americans, our communities need leadership and action beyond health care providers.”

Maya Rockey Moore,
Director of Leadership for
Healthy Communities

Partners

- University of Wyoming, Extension: [Cent\\$ible Nutrition; Dining with Diabetes](#)
- [Wyoming Farmer’s Market Association](#)
- [Wyoming Academy of Nutrition and Dietetics](#)
- [Wyoming Governor’s Council on Physical Fitness and Sports](#)
- [Wyoming Economic Development Association](#)
- Local City Planning Agency
- Local Emergency Food Retailers (e.g., food banks)
- Local Fitness Facilities
- Local Food Retailers/Grocers
- Local Health Care Providers
- Local Housing Authority
- Local Law Enforcement
- Local Parks and Recreation
- Local Recreation Centers
- Local Restaurants
- Local Senior Centers
- Local Transportation Authority

HEALTHCARE

“Health system strategies improve the delivery and use of clinical and other preventive services that are designed to prevent disease or detect it early, reduce risk factors, and manage complications.”

Four Domains of Chronic Disease, CDC

Nutrition

- [UNICEF Baby-Friendly Hospital Initiative](#). This resource provides the 10 specific steps that birthing facilities can take to support successful breastfeeding. Implementing these 10 steps, in addition to not accepting free or low cost breast milk substitutes or feeding bottles or teats, allows the facility to be designated “baby-friendly.”
- [Colorado Can Do 5! Initiative](#). A Colorado population-based study conducted by the Colorado Department of Public Health and Environment found five maternity practices that significantly extend breastfeeding duration among mothers of healthy infants. These findings were used to assist hospitals in developing and enforcing policies that implement the five practices.
- [Under Pressure: Strategies for Sodium Reduction in the Hospital Environment](#). This document examines the importance healthy foods in hospital environments and provides strategies to improve health through sodium reduction in foods served at hospitals.

Heart and Vascular Diseases

- [Aspirin for the Primary Prevention of Cardiovascular Diseases](#). The United States Preventive Services Task Force (USPSTF) recommends the use of aspirin for men (ages 45-79 years) and women (ages 55-79 years) when the potential benefit of a reduction of myocardial infarction (men) and ischemic stroke (women) outweighs the potential harm of an increase in gastrointestinal hemorrhage.
- [Screening for High Blood Pressure in Adults](#). The USPSTF recommends screening for high blood pressure in adults age 18 and older.
- [Screening for Lipid Disorders in Adults](#). The USPSTF strongly recommends screening men aged 35 and older for lipid disorders; and recommends screening men aged 20-35 for lipid disorders if they are at increased risk for coronary heart disease. USPSTF also strongly recommends screening women aged 45 and older for lipid disorders if they are increased risk for coronary heart disease; and recommends screening women aged 20 to 45 for lipid disorders if they are at increased risk of coronary heart disease.
- [Community Guide: Cardiovascular Disease Prevention and Control](#). This resource provides three recommendations: clinical decision-support systems (CDSS); reducing out-of-pocket costs for cardiovascular

HEALTHCARE

“Preventive care helps you stay healthy. A doctor isn’t someone to see only when you’re sick. Doctors also provide services that keep you healthy.”

HealthCare.gov

disease preventive services for patients with high blood pressure and high cholesterol; and team-based care to improve blood pressure control.

- **Domain 3, Health System Strategies.** CDC’s Coordinated Chronic Disease program indicates that effective strategies include increasing the use of team-based care, electronic health records, and policies that require reporting of key health outcomes (such as control of high blood pressure) and that reward good performance.

Metabolic, Nutritional, and Endocrine Conditions

- **Screening for Obesity in Children and Adolescents.** The United (USPSTF) recommends that clinicians screen children aged 6 years and older for obesity and offer them or refer them to comprehensive, intensive behavioral interventions to promote improvement in weight status.
- **Screening for and Management of Obesity in Adults.** The USPSTF recommends screening all adults for obesity. Clinicians should offer or refer patients with a body mass index (BMI) of 30g/m² or higher to intensive, multicomponent behavioral interventions.
- **Screening for Type 2 Diabetes Mellitus in Adults.** The USPSTF recommends screening for type 2 diabetes in asymptomatic adults with sustained blood pressure (either treated or untreated) greater than 135/80 mm Hg.
- **Behavioral Counseling in Primary Care to Promote a Healthy Diet in Adults at Increased Risk for Cardiovascular Disease.** The USPSTF recommends intensive behavioral dietary counseling for adult patients with hyperlipidemia (high blood cholesterol) and other known risk factors for cardiovascular and diet-related chronic disease. Intensive counseling can be delivered by primary care clinicians or by referral to other specialists, such as nutritionists or dietitians.
- **Community Guide: Diabetes Prevention and Control.** This resource recommends four strategies: case management interventions to improve glycemic control; disease management programs; and diabetes self-management education in community gathering places (for adults with type 2 diabetes) and in the home (for children with type 1 diabetes).

HEALTHCARE

*“Evidence-based
preventive services are
effective in reducing
death and disability,
and are cost-effective or
even cost-saving.”*

National Prevention Strategy

Partners

- [Wyoming Hospital Association](#)
- [Wyoming Institute for Population Health](#)
- [Wyoming Primary Care Association](#)
- [Wyoming Public Health Association](#)
- [Wyoming Medical Society](#)
- [Wyoming Nurses Association](#)
- [Wyoming School Nurses Association](#)
- [Mountain Pacific Quality Health](#)
- Local Hospital and Healthcare Providers
- Local Patient-Centered Medical Home
- Local [Public Health Nursing](#) and [WIC](#) Offices

COMMUNITY- CLINICAL LINKAGES

“Strategies that link community and clinical services ensure that people with or at high risk of chronic diseases have access to the resources they need to prevent or manage their diseases.”

Four Domains of Chronic Disease, CDC

Strategies

- [Domain 4, Community Clinical Linkages](#). CDC’s Coordinated Chronic Disease program indicates that effective strategies include making sure people are referred to appropriate medical care, community services, or programs that can help them take charge of their health.
- [National Diabetes Prevention Program](#). This resource offers information about the program, as well as resources for becoming a recognized program, finding lifestyle coach training, and more.
- [Diabetes Self-Management Education](#). This Partnership for Prevention resource is a guide for establishing a community-based DSME program for adults with type 2 diabetes to improve glycemic control.
- [American Diabetes Association: Diabetes Self-Management Recognition Program](#). This resource provides information about how to become a recognized DSME program through this association.
- [American Association of Diabetes Educators: Diabetes Education Accreditation Program](#). This resource provides national standards for becoming an AADE accredited program. It also provides information on the application process.

Partners

- [Wyoming Institute for Population Health](#)
- University of Wyoming, Extension: [Cent\\$ible Nutrition; Dining with Diabetes](#)
- [Local Diabetes Self-Management Program](#) and/or Local Certified Diabetes Educators, Dieticians, Pharmacists
- Local Fitness Facility Lifestyle Programs
- Local Hospital and Healthcare Providers
- Local Lifestyle Intervention Program
- Local YMCAs and/or Recreation Centers